

Specific Selected Activities for Therapeutic Programming

Activity:	For Example:	Stages		
		E	M	L
Walking	○ Outdoor hikes	v	v	
	○ Mall walking in the early morning hours (prior to stores open)	v	v	
Other Exercises	○ Stretching exercises	v	v	
	○ Low Impact aerobics	v	v	
	○ Chair exercises	v	v	
	○ Water aerobics or pool exercises	v	v	
Music	○ Dance to radio/records/CDs, tapes	v	v	
	○ Sing songs/hymns from resident's era	v	v	
	○ Listen to music through headphones			v
Games	○ Memory-stimulating games	v	v	
	○ Hold game pieces			v
Cards	○ Card games	v	v	
	○ Stack and sort by suits or colors		v	
Storytelling	○ Reminisce	v	v	
	○ Read the newspaper and magazines	v	v	
Laundry	○ Launder some clothes, fabrics, towels	v	v	
	○ Sort laundry by color and clothing type	v	v	
	○ Match socks or sort into pairs		v	
	○ Fill laundry basket with clean towels or linen		v	
	○ Fold towels, washcloths, napkins		v	
	○ Smell a freshly laundered towel or pillowcase			v
	○ Old a towel warmed by the dryer or sun.			v
Sewing	○ Sew or mend clothes	v	v	
	○ Make simple lace or cross stitch kits	v	v	
	○ Sort beads, buttons			v
Reading	○ Read books, newspapers, magazines	v		
	○ Listen to books on tape	v	v	v
	○ Staff or volunteer reads to the resident			v
Carpentry or Home Maintenance	○ Whittle or carve wood or soap	v	v	
	○ Sand wood	v	v	

Stages of Alzheimer's
 E= Early Stage
 M= Middle Stage
 L= Late Stage

Activity:	For Example:	Stages		
		E	M	L
	○ Sort nuts and bolts	v	v	
Housekeeping/Homemaking	○ Dust and vacuum	v	v	
	○ Wash and dry dishes	v	v	
	○ Polish silverware	v	v	
	○ Make beds	v	v	
	○ Set table	v	v	
	○ Hold silverware and other household items			v
Cooking/Baking	○ Bake; simple snack preparation	v	v	
	○ Measure, mix, or stir a pot of water with food coloring	v	v	
	○ Smell fresh bread cakes baking or popcorn popping			v
Pet Care	○ Care for a small house pet, assisting with care, feeding, walking	v	v	
	○ Pet and hold the animal	v	v	v
	○ Listen to a bird chirp			v
	○ Watch an aquarium of colorful fish			v

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